

My Child

at 5 years



Ready, set, GO!

According to the U.S. Department of Health and Human Services children, ages 3 to 5, should be physically active throughout the day. Regular activity promotes bone health and maintain healthy weight.

Signing up for team sports is a great way for kids to become even more socialized, too! But remember, it's more about the activity than it is about the competition. Have a realistic mindset on what to expect from your kiddo!

Show me love by . . .

- Teaching me my name, address, and phone number.
- Giving me simple, sturdy and durable toys like balls, wagons, large blocks, coloring books, finger paints and dress-up clothes.
- Helping me shampoo my hair.
- Encouraging me to "read" by looking at pictures and telling the story.
- Teaching me time concept like morning, afternoon, evening, today, tomorrow and yesterday. Start teaching me the days of the week.
- Helping me climb on playground toys like the monkey bars.
- Teaching me to pump my legs back and forth on a swing.

Keep me safe...and please...

- Teach me to swim. Keep me only an arms' length away from you.
- Teach me what to do in case of a fire.
- Have me wear a helmet when riding my bike.
- Use a car booster seat with a seatbelt.
- Read to me every day.
- Remember that sometimes I still get scared at night and I may need reassurance.

Happy Birthday!

Your child is curious about the world.

Experiencing new things and exploring new places will help your child learn and grow. Try to offer your child opportunities to interact with other children and to go to new places.

Watch me grow! I can. . .

- Grow 2 to 2 1/2 inches per year.
- Gain about 5 pounds per year.

What I need. . .

- To be offered healthy foods at snack and meal times.
- 4 milk/cheese servings daily: 1/2 cup low-fat milk, 1/2 slice cheese, 1/2 cup yogurt.
- 2 fruit and 3 vegetable servings a day. (One serving is equal to 1/2 cup of vegetables or 1/2 piece of fruit including:
 - At least 1 vitamin C food everyday: (orange, berries, kiwi, broccoli, spinach, peppers, or up to 4 oz. orange juice or other WIC juice.
- 4 protein servings daily; 1 ounce cooked meat, fish, chicken, 1 egg or 1 tablespoon of peanut butter, spread on bread, crackers, or fruit.
- 8 grain servings a day (serving size is 1/2 slice of bread, 1/2 cup cold cereal, or 2-3 crackers). Half my grains should be whole grains.
- To eat when I'm hungry.

Don't forget . . . I

- Can count 10 or more things.
- Can use a fork and spoon and sometimes a knife.
- Can do a somersault.
- Want to please friends.
- Want to be like friends.
- Am more likely to agree with the rules.

You can take care of my oral health by...

- Taking me for a dental check-up. If you have Medicaid, Healthy Kids Delta Dental, call 1-877-321-7070 to find out about Dental Clinics North.
- Helping me with brushing teeth twice a day.

Exploring my world . . . I can

- Cut, color and paste.
- Recognize most letters of the alphabet and print some letters.
- Know my full name and address.
- Dress and undress without help.
- Be responsible for toileting.
- bathe and wash my hands with help.
- Tell what's real and what's make-believe.
- Show more independence.
- Speak clearly.
- Tell a simple story using full sentences.

Hey! CHECK ME OUT!

Have you seen me . . .

- ✓ Recognize most letters of the alphabet
- ✓ Copy a square
- ✓ Wash and dry my hands without help



The Path to Reading...

5 years

You can:

- ★ **Talk about school.** Now that your child is in school, he will have many new experiences to talk about. Let him share these experiences with you. Listen carefully and encourage him to "Tell me more..." Ask questions like, "What was the best part about..." or "How did you feel when..." These questions will help expand your child's language, as well as give you insight into how he is feeling.
- ★ **Read and let your child read.** Continue your routine of reading at bedtime or before dinner. It is important to keep reading aloud at least once a day. Your child may also want to read to you. Children at this age use the pictures to read and even some of the words. Encourage and praise these attempts as your child moves on the path to becoming a reader!

Book Corner: Your child will be exposed to more and more books. Remember you can check books out from the library or purchase used books at garage sales to minimize the cost.

Check out these websites and apps for FREE info!



Free Baby Care App:
(Google Play)



WIC Website for Feeding Information
www.wichealth.org



Your Child—General Health information:
<http://www.med.umich.edu/yourchild/index.htm>



WebMD Baby App:
<http://www.webmd.com/webmdbabyapp>



POISON CONTROL
Available 24 hours a day
7 days a week
1-800-222-1222



Find us on Facebook!

@GTHealthDept



Follow us on Twitter!

@GTCHD



2600 LaFranier
Traverse City, MI 49686
(231) 995-6112

This institution is an equal opportunity provider and employer.

Check out www.gtchd.org/1973 for additional resources for moms, dads, and babies.